

Felix Grundy

5K Run/Walk

For more information, please e-mail Karah Spahn at kspahn@gcmuni.net or call 319-825-7377.

About the Run/Walk

Grundy Center's annual town festival celebrates the life of Felix Grundy, the man our town is named after. The Grundy Center Wellness Committee promotes healthy living in all aspects of life and encourages everyone to participate in this year's fun run/walk! The 5K will be held Saturday, July 12 at 8:00 am. The run/walk will start at the high school and circle through the southern portion of Grundy Center.

Entry Fee:

- ★ Pre-register by June 30, 2008=\$15.00
- ★ Pre-register Groups of 5=\$50.00
- ★ After June 30 & same day=\$18.00
- ★ After June 30 Groups of 5 =\$75.00

Groups must send in registrations together (Group discount does not apply to same day registrations)

T-Shirts are included for all pre-registered participants and available for late entrants while supplies last.

Proceeds:

Grundy Center is excited to begin construction on a new all-weather track! To support this undertaking, proceeds from this year's run will be donated to the track & field project. If you are interested in making an additional donation, see registration below.

Check In & Start Location:

Packet pickup and same day registration will be from 7:00-7:45 a.m. on race day. Race begins at 8:00 a.m. Same day registration and the race start is located on the Southeast side of the Grundy Center High School (1006 M Ave)

Awards:

Awards will be given to 1st and 2nd place male & female finishers in each age group as well as overall male & female winners.

11 and Under	12-15
16-18	19-29
30-39	40-49
50-59	60 and up

Other Activities:

After the race, your entire family can enjoy a small town atmosphere and fun at Grundy Center's Felix-Grundy Celebration. For more information see our registration table or visit http://www.grundycenter.com/chamber/felix_festival.asp

Directions to Grundy Center:

Grundy Center is located 7 miles south of Hwy 20 on Hwy 14, 25 miles west of Cedar Falls/Waterloo and 25 miles north of Marshalltown

Mail this form to:

Karah Spahn
201 8th St
Grundy Center, IA
50638

Name: _____ Age: _____

Address: _____ City: _____

State: _____ Zip: _____ Sex: _____

E-Mail: _____

T-Shirt Size: S M L XL 2XL (+\$1.00)

I'd like to make a donation to the Track & Field project in this amount: _____

In consideration of your acceptance of this entry, I hereby for myself, my heirs, executors and administrators waive any and all rights and claims for damages I have against individuals associated with this event, their agents, representatives, sponsors, and the City of Grundy Center, for all and any injuries to me in this event. I attest and verify that I have full knowledge of the risks involved in this event and that I am physically fit and able to participate. I also give permission to use my name and picture in any publicity matters.

Signature: _____ Date: _____

(Parent/Guardian must sign if runner is under 18 years of age)